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Crude shirts a defence of 'rape culture'?

University roiling after shirts appear in wake of a ban on 'safe space' swearing PAGE 12

Prentice's promises

Metro looks at five key commitments Alberta's new premier made during the leadership campaign

PAGES 6 & 7

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Medicine's 'new light'

Dr. Eugene Magerman, a physician and founder of Oasis Medical Centre, is believed to be the only doctor in Alberta prescribing marijuana to patients. His clinic in Calgary's Temple neighbourhood has already approved 300 patients for the program, but not before putting them through a rigorous screening. Magerman and his staff sat down with Metro first to discuss what they believe to be a "new light" in health care. See story, page 4. JEREMY NOLAIS/METRO

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FIVE THINGS YOU NEED TO KNOW TODAY

1
SUN TURNS TO SNOW
Environment Canada forecasts a 60 per cent chance of rain turning to flurries for Monday, Tuesday and Thursday. Monday the mercury is expected to dip to a high of just 2 C.

2
SHERMAN TO HELP
Alberta Liberal Leader Raj Sherman says he will co-operate with a police investigation into the fraudulent use of a Calgary resident's identity to send a leaked document during the PC leadership race.

3
14 MORE YEARS OF ROB FORD?
Rob Ford vowed he will be mayor of Toronto for 14 more years. Voters will decide on Oct. 27 whether he'll even get another four.

4
BACHELOR SURPRISE
Host Chris Harrison gives the remaining bachelors and bachelorettes a shocking ultimatum on the season finale of Bachelor in Paradise, tonight on City.

5
ALLIANCE AT RISK
The president of the Palestinian unity government has threatened to dissolve his alliance with Hamas if the group does not give up the Gaza Strip.

Reaction

Councillor says bouncers 'stepped over the line'

A city councillor says she was shocked by the footage of two bouncers at Jamesons Irish Pub repeatedly punching patron James Clement in the face and she plans to raise concerns with city administration about proper training for door staff at Calgary bars.

Coun. Diane Colley-Urquhart, who sits on the Calgary Police Commission board, went public with her concerns on Twitter over the weekend, responding to a post from a local media outlet that questioned whether Jamesons' bouncers went too far.

"From the video, the bouncers stepped over the line with undue force," she wrote. "They didn't need to smash his head into the cement."

Reached Sunday, she said she plans to discuss the matter with the city bylaw director this week.

"It calls into question what sort of regulation do we have around bouncers," she said. "What sort of training is required and what certification do they have?" JEREMY NOLAIS/METRO

'Did I deserve this?'

Interview. Calgary bar patron questions beating from bouncers

Wounds are still visible on James Clement's face one week after he was punched repeatedly by a pair of bouncers at Jamesons Irish Pub. JEREMY

James Clement lost a tooth, has two gashes stitched on his forehead and his eyes are filled with blood. He has bruises up and down his face and arms and fears he's suffering from a concussion.

The 44-year-old journeyman was the patron seen on a widely circulated video, being punched repeatedly out front of Jamesons Irish Pub on Aug. 31.

The footage, captured by a pair of cousins passing by the 17 Avenue SW establishment, has sparked a debate about whether excessive force was used by the pub's staff.

Speaking publicly Sunday morning for the first time since the incident, Clement admits he was intoxicated and that he did throw the first punch, hitting one of Jamesons' bouncers.

"I know I was wrong, but these guys are supposed to be trained to deal with that stuff," he said. "You don't just pound somebody ... I'm lucky to be alive."

Management at Jamesons has defended the actions of its staff, claiming Clement "sucker-punched" a bouncer twice and made threats against the establishment.

But Clement paints a different picture and says he and friend Adam Robertson were being eyed by the door staff through much of the night as they rang up a tab of about $150 between them.

At one point, Clement says he was threatened by a member of the management staff and told never to return to the watering hole, located "just around the corner" from where he lives.

Clement says he'd been to Jamesons 10 times previously and didn't like the way things were going, so he offered the manager a shot of alcohol. But the strange vibes continued.

"He told me if we came back here we were going to get it," Clement said.

Robertson agreed with his friend that something was amiss.

"They claim he was running around threatening everybody, but we were just sitting there talking all night," he said.

The pair says they decided to square up their bill and leave before tensions boiled over. Robertson went home, but Clement says he changed and intended to head to another pub in the area. He passed back by Jamesons and says he was eyed again by the bouncers. It was then that he says he threw a punch. The bouncers retaliated and Clement says he almost instantly blacked out.

In the video, captured by Harman Kandola, Clement is seen being hauled to the sidewalk and punched repeatedly — his head can be heard bouncing off the sidewalk.

Police have said they're investigating and cautioned that the footage only "captures part of the story."

But Clement says he hasn't been contacted by police.

He recalls coming to on a park bench near the pub the night of the beating and attempting to plead his case to one of the police on scene.

"I asked him for help," he said, choking back tears while recalling the unfolding scene Sunday. "I said to him, 'Did I deserve this? Does anybody deserve this?'" JEREMY NOLAIS/METRO

Marijuana effective when other treatments fail: Clinic

Changing attitudes?
Oasis head hopes to be a pot 'pioneer' in Alberta

JEREMY NOLAIS
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Dr. Eugene Magerman, right, is seen with doctor-in-training and partner Miles Nakaska, far left, as well as marketing partner Kyle Wilson. The trio are behind what's believed to be the only program in Alberta currently prescribing medicinal marijuana to patients. JEREMY NOLAIS/METRO

Months after launching Alberta's only marijuana-prescribing clinic, Oasis Medical Centre hasn't become some hotbed for old-time hippies in tie-dyed shirts.

In fact, the data suggests quite the opposite — users are primarily male professionals in their early 40s suffering from everything from cancer to sleep disorders and long-standing pain.

The screening process is rigorous, according to doctor-in-training and Oasis partner Miles Nakaska. Patients first fill out a form online detailing their medical and treatment history — one word answers won't do. Next, it's a face-to-face meeting with him that can span nearly an hour.

"You've been through conventional treatment — it failed," Nakaska said, describing his average patient's predicament. "You've been through the pain clinic. We've seen people on four or five different types of narcotics come in. You wouldn't believe the pill boxes these people have; it's sick."

But Oasis owners believe far more than pain can be aided by pot.

"For example, I want to diagnose a sleep disorder," Nakaska said. "You went to a sleeping clinic, you went to a sleep doctor, you've been on four different sleep meds, you've been through the whole gamut. Now, we can say 'OK, this patient would benefit from medicinal marijuana,' and a lot of them do.

"It's an improvement in the quality of life you wouldn't believe."

But despite Nakaska's glowing endorsement, marijuana remains largely a divisive topic in Canada's medical community.

Health Canada has not approved the use of the drug but the courts have required "reasonable access" to it for prescribed users. The College of Physicians and Surgeons of Alberta (CPSA), meanwhile, requires members to document trials with more traditional treatments before turning to marijuana.

None of that, however, appears to faze the man behind Oasis' bold endeavour, Dr. Eugene Magerman. He serves as lead physician and an organization founder, and said it's hard not to get emotional when describing the benefits of medicinal marijuana for patients who felt so hopeless coping with an illness or ailment for so long.

"Everybody is jumping on the natural bandwagon and we want to be part of that," he explained. "I want to be a pioneer, I want to be a new light, part of a new group, a new force of health care practitioners, who believe in a more natural way."

Marijuana users have accused CPSA of bullying pot-friendly doctors and, in turn, forcing them to travel to B.C. or use Skype to meet with a marijuana-prescribing doctor in another province.

Magerman said the college has "not objected to what I do, but they're not supportive."

He said many in the local medical community have quietly inquired about his foray into pot prescriptions and are just waiting for "the right angle" to offer their patients a similar program.

James, who asked that his real name not be used, turned to Oasis after suffering for more than a decade with back pain. Opiate painkillers, non-steroidal anti-inflammatories, holistic medicine, you name it, nothing worked. That is, until he turned to a marijuana-infused olive oil recipe he claims works "10 times better" to numb muscle spasms.

He said getting properly prescribed by Oasis provides "safer access" to the drug and credited that with allowing him to go on four backpacking treks this summer.

"The only side effect being you might be a bit giggly, but I've still found I can work while on it," he said, later adding.

"For me it's a life-changer; pretty much a life-saver, I would say."

By the numbers

300

The number of patients that have successfully joined the Oasis medicinal marijuana program in its first 3-1/2 months. About three times as many have applied but have been weeded out through the rigorous screening process, according to Dr. Miles Nakaska.

70%

The percentage of patients admitted to the Oasis program that are from Calgary. Other patients have come from Edmonton, Grande Prairie and even as far away as Saskatchewan. "They're driving here ... we've had people from as far away as the border of Manitoba," Nakaska said.

42

The average age of medicinal marijuana patients in the Oasis program. Of those being prescribed marijuana, about 70 per cent are men. According to Nakaska, the most common complaint is pain, including patients with multiple sclerosis, fibromyalgia and spinal injuries.

2

The average number of grams of marijuana being prescribed daily for users coping with pain. More intense doses are being given to those suffering from cancer and other extremely serious illnesses. "We encourage our patients to ingest their marijuana in a variety of different ways," Nakaska said. "Smoke it, vaporize it ..."

12

The number of months a licence to use medicinal marijuana remains valid. Patients are reporting delays of up to three months to receive their first shipment, said Dr. Eugene Magerman.

13

Health Canada has approved 13 organizations nationwide to supply newly prescribed users with marijuana, but only five or six of those are actually reliable so far. "Initially, we're dealing with supply side issues ... most of these suppliers came late to the game," Nakaska said. "A lot of them are out of product, there are issues with quality control and there's a wait list."

JEREMY NOLAIS/METRO

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FIVE THINGS JIM PRENTICE PROMISED ALBERTA

Now that the dust has settled and Jim Prentice has emerged as the new leader of the Alberta Progressive Conservative party and, thus, the province's new premier, what can we expect from the man? Prentice has outlined his position on many issues and made commitments on a host of topics. Here are five key promises he made:

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The University of Calgary. METRO FILE

Restoring post-secondary funding

Prentice pledged to restore funding slashed from Alberta universities and colleges last year.

Post-secondary institutions felt the brunt of the province's austerity measures in the April 2013 budget, with $147 million in total cuts. Since then, $50 million has been restored but, Prentice said, if elected leader, he would see the remaining $97 million put back, too. Rival Thomas Lukaszuk, however, was in charge of the advanced education ministry when cuts came down, and said Prentice's education-spending promise "defies mathematics and logic."

Parents in front of a public school. METRO FILE

Building more public schools

Prentice has promised to build more schools. "In the Alberta that I lead, our children will not be housed in makeshift schools," he said at a campaign-kickoff event in May.

Prentice criticized the government under former premier Alison Redford for so far failing to deliver on her promise to build 50 new schools and modernize 70 more by 2016, and said he would get those 50 new schools built faster — and 50 more on top of that, if necessary — by reprioritizing the province's capital spending and continuing to borrow to fund infrastructure.

The Alberta legislature. METRO FILE

Term limits ... sort of

Prentice surprised many political observers, and legal experts, when he said he would introduce term limits for MLAs if he becomes premier.

Prentice said he'd bring in new rules that would force future MLAs to serve for a maximum of only three terms and premiers to serve for a maximum of two terms. Previously elected officials would be grandfathered in and not subject to the new rules, he added. A few days later, Prentice clarified that the term-limits could also be imposed on PC members through an internal party process, rather than legislation that would apply to all MLAs.

The Alberta Health Services logo. CONTRIBUTED

Health care — Reinstating AHS board

Prentice said he would reinstate the board of directors that oversees Alberta Health Services, as he disagreed with the government's 2013 decision to fire the entire board.

The move came in response to the previous board's refusal to cancel lucrative bonuses for AHS executives.

Prentice said AHS needs oversight from a group of people — rather than the single administrator who has been in charge since the board's firing — but also needs more autonomy at local levels.

Alison Redford. JEFF MCINTOSH/THE CANADIAN PRESS

Smaller cabinet 'based on merit and integrity'

In a leadership campaign that focused heavily on elected officials' spending practices and senses of entitlement, Prentice vowed that a new government under his watch would be run by fewer people with stronger ethics.

As premier, Prentice said he would "clean this mess up," reduce the size of the provincial cabinet, and appoint ministers "based on merit and integrity." The promise, of course, comes in the wake of various spending scandals that led former premier Alison Redford to resign, a move which triggered the leadership contest in the first place.

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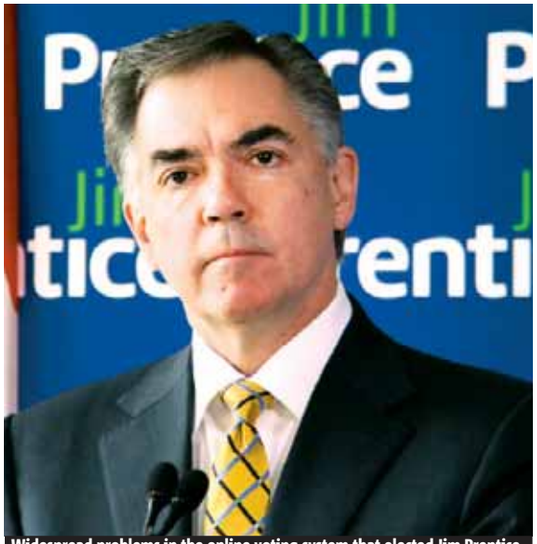

Widespread problems in the online voting system that elected Jim Prentice as PC Party leader over the weekend led to a dedicated Twitter account — @'pcldrfail — chronicling the complaints. METRO FILE

Glitch-ridden voting system frustrates PC membership

Hours on hold. Help lines were of little actual help, numerous would-be voters complain

ROBSON FLETCHER
robson.fletcher@metronews.ca

Premier designate Jim Prentice said Sunday he'll usher in a "new era" of "acceptance of responsibility" in the Alberta government, while rank-and-file Progressive Conservatives suggested he start with the glitchy online voting system that got him elected.

"We deserve an apology," said Rebecca Trotter, who wanted to vote for Prentice in the leadership race but was unable to cast a ballot due to what was described to her as a data-entry error. "We deserve accountability. And we deserve to know that this will never happen again."

The Sundre resident said she signed up for a party membership through Prentice's website and her credit card was charged but she never received the personal identification number (PIN) required to vote.

Hours of phoning help lines and battling through recorded messages finally led her to learn her application wasn't processed properly and she was actually ineligible to vote, but this came too late for her to rectify the problem.

"I was irate," she said.

Ashley Roberie recounted a similar story of waiting on hold only to find full voicemail inboxes as she sought help in obtaining a PIN. Eventually she succeeded, but only a couple of hours before the polls closed on Saturday.

"I find it extremely sad that we are given the illusion that our voice can be heard but apparently only if we are super-persistent and work through the difficulties of this ridiculous system," she told Metro.

Even former Edmonton city councillor Kerry Diotte ran into difficulties.

On Sunday, he tweeted: "Tried 3 times to get PC vote PIN. On hold each time then got message voicemail was full. Gave up. Could not vote. It's a shame."

Online voting

"This is just an insanely inept way for them to have done this process."

Rebecca Trotter, would-be PC leadership voter

Transition team named

Jim Prentice takes over reins in Alberta

Alberta premier-designate Jim Prentice began the job of righting the listing Progressive Conservative ship Sunday by announcing his transition team.

Prentice, in an email, announced his five-member team to take him to the premier's office.

It is headed by Tim Hearn, the former chairman and CEO of Imperial Oil.

The team will also include government house leader Robin Campbell and former Edmonton mayor Stephen Mandel, who has said he may run for office under a Prentice government.

"This is a group of talented, principled, and well respected Albertans who will assist in the transition to a new Progressive Conservative government," said Prentice. "Under my leadership we will restore the bond of trust between Albertans and their elected officials, and return to sound conservative fiscal principles."

Also Sunday, Prentice learned the last obstacle to a smooth transition to the top job had been erased.

Defeated candidate Thomas Lukaszuk joined with Ric McIver in saying they won't challenge the results of an electronic voting campaign won by Prentice but marred by computer and phone foulups.

Lukaszuk said he's not happy, but won't stand in the way.

"That ship has sailed," said Lukaszuk. "There was a system. An outcome was achieved, and I'll let it be."

Prentice, 58, defeated Lukaszuk and McIver handily in results announced Saturday.

The former Calgary MP and cabinet minister for Prime Minister Stephen Harper took 77 per cent of the 23,386 votes, well over the 50 per cent plus one needed for a first-ballot victory. THE CANADIAN PRESS

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Inspired by webbed feet. Banff inventor's paddles get international notice

Inspired by the webbed feet of aquatic birds, a Banff resident has developed a unique kind of lightweight paddle that's drawing international attention for its completely collapsible design.

Chad Townsend, an environmental co-ordinator with the Town of Banff, first came up with the idea for his Shearwater paddle years ago while studying geese in Ireland, but started building them in earnest only after raising $3,000 in seed money for the project via an Indiegogo campaign in 2012.

Now he hand-builds about 100 paddles a year as a "hobby business," one that's attracting customers from far-off locales.

His two biggest buyers are rafting stores in Colorado and Germany.

"They seemed to find a niche among their customers, for people who value the complete collapsibility," Townsend said. "I don't think there are any other paddles on the market where the blade collapses."

A German television show recently featured the Shearwater paddles in action on a pack-rafting adventure. ROBSON FLETCHER/METRO

Banff resident Chad Townsend holds one of his Shearwater webbed paddles at a dock on the Bow River. ROBSON FLETCHER/METRO

Bowden

Two killed after car hits parked semi-trailer

RCMP say two people were killed early Sunday after a car slammed into a legally parked semi-trailer on Highway 2 near Bowden.

The incident occurred at 5:30 a.m. at a roadside rest stop just south of the town. Investigators have determined the trailer was parked properly at the rest stop and had lights flashing when a 1995 Buick Riviera crashed into it. METRO

Beltline area

Police seek witnesses after serious assault

Calgary police closed a section of 17 Avenue SW Sunday morning for several hours as they investigated a "serious assault" that sent a man to hospital in potentially life-threatening condition.

"Our crews were predominantly concerned with any head injuries that he might have sustained as a result of the assault," said EMS spokesman Stuart Brideaux.

ROBSON FLETCHER/METRO

Sarelle Azuelos with the Women's Centre of Calgary shows off the organization's new online portal for donating Bitcoins. CANDICE WARD/FOR METRO

City charities turn to Bitcoin donations

New-age way to give back. Few downsides for those accepting digital currency, says city pioneer

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Cash, cheques, stock options, mentions in life insurance policies and wills.

You name it, The Women's Centre of Calgary accepts it.

Now, the city charity is among the first to turn to the Bitcoin digital currency thanks to a suggestion — and software installation — by the gents at Bitcoin Brains.

"It makes a lot of sense because charities, much like small businesses, get hit with a lot of processing fees because they don't really do huge volume like a major retailer does," explained Dave Bradley, head of Bitcoin Brains, which is already responsible for the first brick-and-mortar crypto-currency store in the city as well as the first ATM.

Bradley said it costs charities a few man-hours to set up the donation portal on their respective websites, but added, "it's all upside from there, really." He said he was aware of one other charity accepting Bitcoins, but believes the number involved will balloon over time.

Critics have cautioned that Bitcoin and other digital currencies can be risky for investors, but Sarelle Azuelos, spokeswoman for the Women's Centre, said there's little to fear for her organization.

The centre launched its Bitcoin portal on Aug. 8 and had accrued $335 as of late last week.

"If it ends up being something that people are using on a more regular basis, then being one of the few places that can accept donations with Bitcoin will definitely give us a little bit of an edge," Azuelos said.

For more information or to donate, head to womenscentrecalgary.org.

Space for women

The Women's Centre of Calgary provides a space for women to receive support and connect with others in the community through a variety of programs, according to the organization's website. The centre is accessed by thousands annually.

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Action. Arab League appeals for support against ISIS fighters

The head of the Arab League appealed Sunday to its member states to confront "militarily and politically" Islamic State of Iraq and Syria (ISIS) insurgents, an apparent call to arms as the U.S. launched new airstrikes against the group's fighters in Iraq.

Nabil Elaraby's comments come ahead of U.S. President Barack Obama's planned address Wednesday to the American people on his plans to confront ISIS, which now controls a wide swath of territory in Syria and Iraq.

Washington is looking for wide support for its call to take action on ISIS, following domestic criticism it was too overly cautious in dealing with the militant group.

Already, NATO forces have agreed to take on ISIS militants. Support from the Arab League could provide Obama the international coalition he hoped to create to challenge the group.

It wasn't immediately unclear what steps the Arab League would take in supporting action against ISIS. THE ASSOCIATED PRESS

Captive soldiers

Lebanese PM pleads for calm

Lebanon's prime minister pleaded for his countrymen to be calm in a rare televised appeal on Sunday evening, as anger swelled over the continued capture of soldiers and police by militants in Syria.

Tammam Salam's call came after photos emerged showing that militants of the Islamic State of Iraq and Syria (ISIS) had beheaded a second captive Lebanese soldier on Saturday. Militants in Syria, including the ISIS group, are holding around 20 soldiers and police. THE ASSOCIATED PRESS

Floodwaters and landslides devastate Kashmiri villages

Kashmiri men move with their cattle from their flooded neighbourhood in Srinagar, India, Sunday. DAR YASIN/THE ASSOCIATED PRESS

Incessant rains. Worst flooding in more than five decades

Landslides and flash floods triggered by heavy monsoon rains have killed nearly 300 people in large swaths of northern India and Pakistan, officials said Sunday.

Five days of incessant rains in Indian-controlled Kashmir have left at least 120 people dead in the region's worst flooding in more than five decades, submerging hundreds of villages and triggering landslides, officials said. In neighbouring Pakistan, more than 160 people have died and thousands of homes have collapsed, with an official saying the situation was becoming a "national emergency."

Rescuers in both countries were using helicopters and boats to try to reach tens of thousands of people stranded in their homes as floodwaters rose and submerged many villages.

Rescue efforts in Srinagar, the main city in Indian Kashmir, were hampered by fast-moving floodwaters that submerged large parts of the city.

The rains had stopped on Sunday, but officials said the spreading water from the overflowed Jhelum River was moving too fast to allow boats to reach many people stranded in Srinagar for much of the day. By evening, several boats had been deployed to start rescue efforts, said Omar Abdullah, Jammu and Kashmir state's top elected official.

In many of Srinagar's neighbourhoods, the water was about four metres deep, submerging entire houses. Stranded residents left their homes to move in with friends or relatives in safer areas. THE ASSOCIATED PRESS

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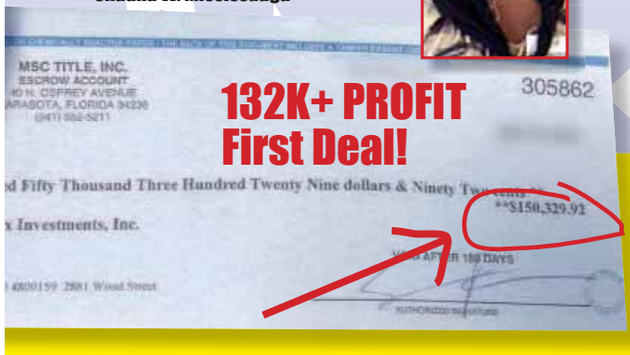

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Outrage at Carleton over crude T-shirts

Coarse controversy. Students say shirts meant to protest anti-swearing policy

JOE LOFARO
Metro in Ottawa

A photo of two men wearing black, sleeveless shirts with the words "f-ck safe space" near Carleton University in Ottawa has sparked online denunciations and charges of "rape culture."

But some people say the shirts are actually a protest against a "safe space" policy forbidding swearing by frosh week facilitators.

Leslie Robertson, a civil litigation lawyer in Ottawa, tweeted a photo of the two unidentified men Sunday afternoon. At the time of publication, it had been re-tweeted by more than 100 people.

Two men wear the controversial T-shirts on Sunday.
COURTESY LESLIE ROBERTSON VIA TWITTER

In a follow-up tweet, Robertson said "there were many people, including women, wearing these shirts."

The university issued a statement Sunday evening saying it was investigating the incident.

In an interview, Robertson told Metro she saw several people wearing the shirts while walking to a farmers' market across the street from the university on Bronson Avenue. Seeing both men and women wear the shirts in broad daylight made her feel unsafe, she said.

She said she was surprised to see the shirts since lately there has been lots of discussions about rape culture and homophobia on campuses.

"If I'm living in a place where people feel it's completely appropriate to have those outward messages, like, on their T-shirts then, you know, we're not living in a safe place," said Robertson.

"I don't really know (what) the intentions of the shirts are, but it's a reminder that there are people walking around in the same places as I'm in who don't care to respect other women or whoever it is that it was intended to."

A lack-to-school dilemma

An empty teacher's desk is seen at the front of an empty classroom at Magee Secondary School in Vancouver on Friday. Schools will remain empty like this one this week as the ongoing teachers' strike continues into its second week of the new school year. JONATHAN HAYWARD/THE CANADIAN PRESS

Election 2015

NDP to unveil platform early

Tom Mulcair intends to start this fall nailing down some key planks in the NDP's election platform — a full year before the next scheduled federal vote.

The NDP leader says he'll be unveiling "some very concrete" proposals on child care, infrastructure investment, health-care funding and re-instituting a federal minimum wage, among other issues.

The New Democrats have been fighting to reassert themselves as the real alternative to Stephen Harper's ruling Conservatives, a role usurped by the third-place Liberals since Justin Trudeau took the helm 18 months ago.

They're gambling that the benefits of early disclosure — demonstrating how an NDP government would be different than the Harper regime and contrasting their substance with Trudeau's refusal to be nailed down on important policy questions — will outweigh the disadvantages. THE CANADIAN PRESS

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Rabies scare. Chinese city culls thousands of dogs

Chinese authorities killed almost 5,000 dogs in one city after blaming five human deaths on rabies, the official Xinhua News Agency reported Sunday.

The city of Baoshan in southwestern Yunnan province killed 4,900 dogs and vaccinated another 100,000 in its anti-rabies campaign, Xinhua said.

The city issued an urgent order calling for authorities to tightly regulate dogs and kill stray ones.

Chinese governments often order such widespread dog culls or ban dog ownership to control the spread of rabies.

That has sparked outcry from some dog owners and animal rights activists who call for sterilizing and vaccinating dogs rather than killing them.

In 2009, authorities in the northern city of Hanzhong reportedly killed about 37,000 dogs after a rabies outbreak, including clubbing some of the animals to death.

THE ASSOCIATED PRESS

Israel

Prostitution for redemption?

Police say they have uncovered a messianic Jewish sect that prostituted women to "save Israel."

Police said officers arrested two men and two women on suspicion of coercing women into having sex with non-Jews and exploiting them sexually by making them addicted to drugs and alcohol. The reasoning behind the plot was "to save the people of Israel and bring redemption nearer."

Police say the four suspects, two men and two women, were part of a messianic sect. An investigation revealed they were brainwashing the women into believing they were helping the Jewish people by having sex with non-Jews while pocketing the money for themselves.

THE ASSOCIATED PRESS

Ukrainian artillery sparks blazes in rebel-held village

Pro-Russian rebels sit in their car with a heavy machine-gun on Sunday in Donetsk, eastern Ukraine. SERGEI GRITS/THE ASSOCIATED PRESS

Violence continues. Two-day-old truce widely ignored in eastern Ukraine

Shelling and other clashes between government forces and Russian-backed separatists threw the ceasefire agreement in eastern Ukraine into deepening peril Sunday, two days after it took hold.

At least two houses hit by artillery fire blazed in the rural village of Spartak, which lies just north of the main rebel-held city of Donetsk and adjacent to the airport.

Civil war

"There is no ceasefire for anyone."

"Khokhol," Ukrainian pro-Russian rebel fighter who gave only his nom de guerre, on continued violence outside the rebel-hold city of Donetsk

A man whose house was struck by a shell said rebels had fired from a spot nearby, and that apparently provoked a retaliatory attack from Ukrainian government troops.

A group of rebel fighters in the village danced and drank Sunday morning in celebration after what they said was a successful assault on a Ukrainian military encampment.

The truce — signed on Friday by Ukraine, Russia and the rebels after five months of fighting that killed at least 2,600 civilians and forced hundreds of thousands from their homes — was shattered late Saturday by shelling on the outskirts of the coastal town of Mariupol. The city council said Sunday that one civilian was killed and a serviceman wounded.

The rebels opened a new front on the coast in what many Ukrainians fear is an attempt to secure a land corridor between Russia and the Crimean Peninsula, which Russia annexed in March. THE ASSOCIATED PRESS

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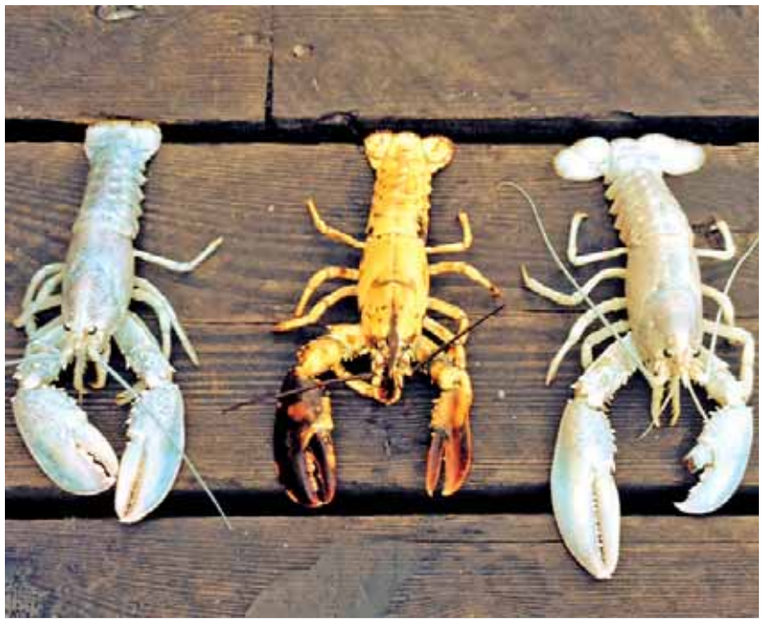

One in 100 million, times two, plus one in 30 million equals ... forget it, pass the butter

Two incredibly rare albino lobsters, caught within the span of a week by two lobstermen in Maine, flank a very-rare yellow lobster on a deck in Owls Head on Friday. Albino lobsters are believed to be about one in 100 million. One will go to the Maine State Aquarium and the other to Brooks Trap Mill. The one-in-30-million yellow lobster was also caught by one of the lobstermen on Monday. ELIZABETH WATKINSON/OWLS HEAD LOBSTER COMPANY/THE ASSOCIATED PRESS

Crops organic no more after pesticide drift

Thanks but no thanks. Farmers come up with countermeasures to negate sloppy spraying

Andrew Dunham and his two-year old daughter walk near asparagus plants on his farm in Grinnell, Iowa, on Thursday. CHARLIE NEIBERGALL/THE ASSOCIATED PRESS

The cloud of insecticide that drifted from a neighbour's field onto the asparagus of Andrew and Melissa Dunham's central Iowa farm has cast a shadow over their organic vegetable business.

They say the costs from the incident and resulting loss of organic certification on their asparagus patch for three years will reach about $74,000, and they're now working with the sprayer's insurance company.

"We're a certified organic farm — except for our asparagus," Melissa Dunham lamented.

The Dunhams grow about eight hectares of organic vegetables on their 32-hectare Grinnell Heritage Farm.

Iowa agricultural officials determined this spring that a ground applicator violated several regulations while spraying an insecticide on a neighbouring farm last August.

Pesticide drift is a serious concern for organic farmers, and they've come up with several defences, such as buffer strips. Twelve states and the province of Saskatchewan are part of a registry of farms that tips off aerial and ground sprayers to areas they need to avoid.

The aerial spraying industry and pesticide manufacturers, meanwhile, say they've made big strides in controlling drift through pilot education and new technologies.

Organic and specialty crop growers are trying to profit off the rising consumer interest in locally grown, natural foods. But those smaller farms are often islands surrounded by a sea of conventionally grown crops that get sprayed with herbicides, insecticides and fungicides.

Any organic farm next to a conventional farm is at risk, so farmers typically have buffer systems, said Nate Lewis, senior crop and livestock specialist with the Organic Trade Association. The Dunhams maintain a nine-metre buffer strip of shrubs along the affected side of their farm. They've posted no-spray signs and listed their farm on Iowa's sensitive crops registry.

But the precautions weren't enough. Fortunately, Melissa Dunham said, no customers in their spring community-supported agriculture program accepted their offer of refunds.

"They were more sympathetic and angry, actually, that there were no penalties," she said.

THE ASSOCIATED PRESS

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Security tight along U.S.-Mexico border

Rio Grande Valley. Despite the presence of numerous security forces and militia groups, safety is not assured for residents

Not long ago, the U.S. Border Patrol was the only law enforcement agency monitoring the mesquite thickets and sugar-cane fields along the Rio Grande, and an agent's challenge was to distinguish between an exhausted immigrant and a threat.

Now the border is teeming with hundreds of state troopers, National Guardsmen and civilian militia members, all heavily armed and often wearing tactical vests and camouflage.

Illegal immigration spiked in the Rio Grande Valley this summer, forcing border patrol and the state's Department of Public Safety to deploy more troopers, with an additional 1,000 National Guardsmen deployed by Gov. Rick Perry.

But with so many different branches of law enforcement, co-ordination is challenging. Each entity uses different radio equipment, which complicates direct communication in the field, forcing representatives from each branch to sit side-by-side in a round-the-clock command centre. If maintaining security wasn't already problematic, armed civilians have joined the fray in unknown numbers

Rio Grande Valley mayor Ruben Villarreal said living along the border has made the community more receptive to having additional security forces present, and while he acknowledges the concerns of his constituents regarding their safety, he views the extra security as a necessity.

"We sacrifice privacy an awful lot down here for the security that this nation needs," Villarreal said.

THE ASSOCIATED PRESS

Texas Department of Safety Troopers patrol on the Rio Grande along the U.S.-Mexico border on Saturday. ERIC GAY/THE ASSOCIATED PRESS

Youth immigration changes the issue's politics

U.S. President Obama said he is backing away from a pledge to protect immigrants from being deported, saying the politics of the issue have changed.

- **Slap in the face.** United We Dream director Cristina Jimenez feels the decision is a disservice to the Latino and immigrant community.
- **Bitter disappointment.** America's Voice executive director Frank Sharry was critical of the decision to choose politics over people.

THE ASSOCIATED PRESS

Hurricane Norbert downgraded

A sign warns visitors of high surf as they stand on the jetty protecting Dana Point Harbor on Saturday afternoon, in Dana Point, Calif. Hurricane Norbert in Baja California is responsible for the high surf. Norbert weakened Saturday night to a Category 1 storm, with winds of up to 140 kilometres per hour. Norbert peaked as a Category 3 hurricane Saturday with winds as high as 210 kilometres per hour.

NICK AGRO/THE ASSOCIATED PRESS

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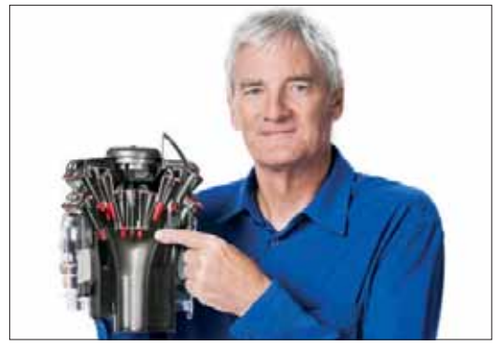

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Miss Haiti wins it with a natural 'do

Haitian businesswoman Carolyn Desert, 25, centre stands with competitors Zeila Legagneur, right, and Shamma Dupre, during the 2014 Miss Haiti pageant at the Karibe hotel in Petion-Ville, Haiti, on Saturday. Desert was one of only two women in a group of 21 participants who competed with closely cropped hair, a decision that had been fiercely debated by Haitians on radio and social media, with some criticizing competitors for choosing to wear hair extensions or straightening their hair instead of embracing their natural hair. DIEU NALIO CHERY/THE ASSOCIATED PRESS

Nine-year-old takes city bus on joyride

Saskatoon. No injuries after two-block drive that smashes two other vehicles

Quoted

"He just kept saying, 'No. No.'"

Eyewitness Michael Pritchard said the boy wouldn't answer any questions

A nine-year-old boy has a lot of explaining to do after taking a city bus for a joyride in Saskatoon.

Police say the boy hopped into the empty bus while it was parked with the engine running outside the transit yard on Saturday morning.

He hit the gas and got two blocks before hitting a curb and getting stuck, but during that time smashed another city bus and a parked vehicle.

No one was injured and police say that due to the boy's age there won't be any charges.

He has since been taken home by police.

Eyewitness Michael Pritchard says the bus was left running with the door open, and he had seen the boy ride past on a bicycle just moments before. Pritchard was sitting in his truck in an alley waiting for his son at the time. But as his son approached, he noticed something that caused him to do a double-take.

"I looked in my mirror and I saw a little head in the driver's seat of the bus," said Pritchard in an interview.

The bus rolled out of view and the two men heard a crash as the vehicle hit another bus.

They raced out to the street and saw the bus continuing on so they jumped into the truck and took off after it.

Pritchard said they tried not to make it look like they were following.

The bus hit a parked car but kept going toward Idylwyld Drive, a busy thoroughfare. As it attempted to turn onto Idylwyld, it clipped a stop sign and became lodged against the curb.

Pritchard jumped out of his truck and ran up to the bus.

"He was looking at me. With his foot — like you could hear the bus wanting to go but he couldn't go anywhere because I'm guessing the back tire was locked into the curb somewhere," Pritchard said.

"I had to pry open the bus doors. I told him to get out of the bus. He got out of the bus and I grabbed him because I didn't want him to take off. That's when the transit guy came."

Pritchard said the boy wouldn't answer any questions.

"He just kept saying, 'No. No.'" THE CANADIAN PRESS

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Obsession with classic jeans wearing thin

Levi Strauss — which invented blue jeans 141 years ago — has created new versions of classic denim to counter what the fashion industry dubs the "athleisure" trend that is hurting the jeans business. The company's knit jeans, pictured, are made of stretch cotton knit to look like jeans but feel like sweatpants, and cater to people who more often sport yoga pants, leggings, sweatpants and other athletic wear instead of traditional denim. Sales of the iconic blues fell six per cent during the past year after decades of almost steady growth. The decline is being driven by women, but men's interest in jeans also is fading.

COURTESY LEVI STRAUSS/THE ASSOCIATED PRESS

A YouTube star for the new digital era

Superwoman. Lilly Singh is a YouTube celebrity who posts short, funny videos twice a week

Lilly Singh, a.k.a. Superwoman, is a Markham, Ont.-based YouTube star with almost 4 million subscribers around the world. Here, she signs autographs for screaming fans in a Brampton, Ont. movie theatre parking lot. TORSTAR NEWS SERVICE

Superwoman's interview with Torstar News Service was scheduled to begin an hour earlier, but Superwoman has fans — hundreds of them here pressed up against a security fence in the Brampton, Ont., SilverCity parking lot — and they all want an autograph.

She obliges, taking the pens thrust at her from the crowd.

"Omigod," says one girl, maybe a dozen times, after her grey rectangle of bristol board is signed. "I'm gonna cry, I swear to God," says another, trembling fan.

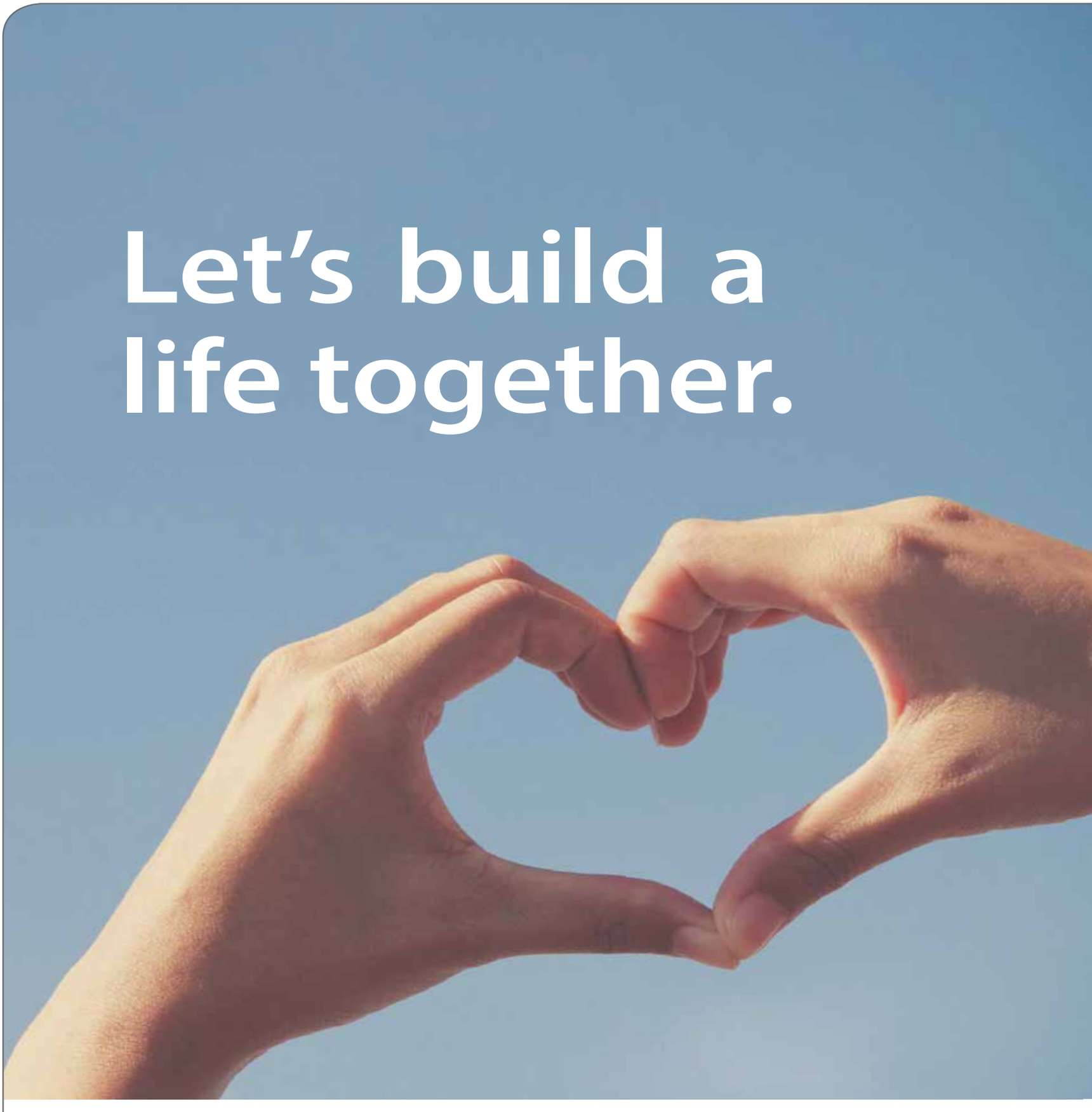
Tween after tween, they looked flushed, even a little distraught, at the intensity of the experience. Some are tearful, others wear T-shirts emblazoned with the iconic red-and-yellow "S."

Superwoman is the screen name of 25-year-old Lilly Singh. Born and raised in the suburbs of Toronto, she has become one of the world's biggest YouTube stars.

If you're older than 16, you probably don't know who she is. If you're younger than 16, there's a chance she's your hero. Nearly four million people subscribe to her YouTube channel, where she posts short, funny videos twice a week.

Singh is part of a generation of YouTubers cornering the entertainment market of the future: low-budget, self-produced, alternately intimate and goofy and, most importantly, 100 per cent digital.

TORSTAR NEWS SERVICE



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Hawaiians living near volcano still on alert as lava flow slows

Residents in a sparsely populated neighbourhood near Hawaii's active volcano are still on alert while officials say a dangerous lava flow has slowed its advance.

The Hawaii Civil Defence Agency said Saturday that an inspection made by helicopter of the area shows the lava had flowed about 50 yards since Friday from the island's Kilauea volcano.

The agency reported the flow advanced about 150 yards between Thursday and Friday.

The flow was moving at almost 300 yards a day earlier in the week.

Officials said no residents have been asked to evacuate and that the flow does not pose an immediate threat. The nearest homes are about a mile from the flow, which could reach the residential area in about week.

Residents remain under an eruption warning and are asked to be ready to evacuate.

Kilauea, which means "spewing" or "much spreading" in the Hawaiian language, first erupted in January 1983 and has been continuously erupting since. THE ASSOCIATED PRESS

U.K. may offer Scots more fiscal autonomy

Referendum looms. With the 'Yes' vote for Scottish independence surging, Britain set to allow greater tax and financial freedom

Scottish referendum

"There is no guarantee whatsoever that if Scotland votes 'No' we will get a single additional power for the Scottish Parliament."

Scottish Deputy First Minister Nicola Sturgeon

The British government plans to offer Scotland more financial autonomy as polls predict a very close vote in the referendum on Scottish independence.

Chancellor George Osborne said Sunday the government is finalizing plans to give Scotland greater fiscal and tax autonomy and will unveil the proposals in the coming days.

Osborne spoke as recent polls have shown a tightening vote ahead of the Sept. 18 referendum on Scotland's independence from Britain, with the "Yes" movement gaining momentum despite the British government's warnings of possible pitfalls, such as not being able to use the British pound.

Scottish Deputy First Minister Nicola Sturgeon said that if the British government was serious about giving Scotland more powers, they would not have waited until two weeks before the referendum.

"There is no option of more powers short of independence on the ballot paper," she said. "There is no guarantee whatsoever that if Scotland votes 'No' we will get a single additional power for the Scottish Parliament." THE ASSOCIATED PRESS

Rivers laid to rest in NYC

Melissa Rivers and her son Cooper Endicott walk to a waiting car after the funeral service for comedian Joan Rivers in New York on Sunday. Rivers died Thursday at 81. CRAIG RUTTLE/THE ASSOCIATED PRESS

Missed the boat with Tim Hortons stock? Maybe not

HOW TO ROLL
Alison Griffiths
metronews.ca

OK, so you are boo-hooing into your double-double with a side of Timbits because you didn't grab some Tim Hortons Inc. stock last year. And now, with the impending Burger King Worldwide Inc. merger, it's too late.

Or is it? A year ago Tim's was a $50 stock and all the fundamentals were in place to see a nice steady growth going forward. But 85 bucks was simply not on analysts' radars. In fact, with increasing competition in the sector, most analysts have been predicting low single-digit growth, if that, for the likes of McDonald's Corp., Krispy Kreme Doughnuts, Inc., and Starbucks Corp.

That was then.

First, a little lingo update is in order. "Fast food" is out and "fast service" or "quick service" is in. Ordering with your bum in a chair likely puts the restaurant in the "fast casual" category. Standing while ordering denotes "fast service" fare. Somehow that moniker seems a little less calorie- and sodium-laden than fast food.

What may propel Tim Hortons to loftier stock heights is the rapid encroachment of fast service on fast casual territory. Upscale additions such as higher-quality breads and buns (thanks Panera Bread Co.!) and salads with chi-chi ingredients like cranberries, goat cheese, free-range eggs and pecans are now commonplace.

Fancy fixin's at fast food (oops, fast service) prices, à la Tim Hortons, will attract a new group of munchers who have avoided greasy and quick in the past. And that spells new revenues.

Also, the merger creates the third-largest restaurant chain in the world behind McDonald's and Yum! Brands, Inc. Bigger often means cost savings through economies of scale. So, there may be some nice upside to Tim Hortons, even this late in the day.

The big negative is Tim Hortons' new bed pal, 3G Capital, which owns Burger King. There's more than a little of the Wall Street wolf, Gordon Gekko, in how this company operates. It won't hesitate to slash dividends, staff or lower the bar on ingredients if it boosts profits. But that kind of management can actually backfire on a stock by damaging the brand.

Shares

Tim Hortons' trades on the Toronto Stock Exchange (TSX) and the New York Stock Exchange (NYSE):

- $33 – March 2006 closing price, first day of trading.
- $27 – November 2008, lowest price.
- $89.22 – Sept. 2, 2014, highest price.

A Tim Hortons restaurant in front of the company's corporate headquarters in Oakville, Ont. AARON VINCENT ELKAIM/GETTY IMAGES

Mobilicity

U.S. backer sues feds for $1.2B

Quadrangle Group, one of the financial backers of wireless startup Mobilicity, is suing the federal government, seeking $1.2 billion in damages for breaking assurances that Industry Canada officials allegedly made to prospective investors. THE CANADIAN PRESS

TV delivery system

CRTC begins public hearings

Canada's broadcast regulator begins a two-week public hearing in Gatineau, Que., Monday into sweeping proposals that could dramatically change how Canadians receive and pay for TV service.

The proposals, issued last month by the Canadian Radio-television and Telecommunications Commission, include requiring cable and satellite providers to offer a basic service made up primarily of local Canadian channels.

The CRTC is also proposing a pick-and-pay structure that would let Canadians choose individual channels, on top of a basic service.

And the regulator suggests the price of that basic service could be capped at between $20 and $30 per month. THE CANADIAN PRESS

Alibaba Group

E-commerce firm eyes IPO record

China's Alibaba Group is seeking to raise up to $24.3 billion US in its IPO, an amount that would be the most ever raised by a company heading into its stock market debut. The e-commerce company is hoping to sell up to 368 million shares for $66 US apiece. THE ASSOCIATED PRESS

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High Plains Drifter
Greg Callsen
calgary@metronews.ca

Albertans may not have gone to the polls and he hasn't squared off against the other parties, but as per the rules governing this province, Jim Prentice is now running this joint.

The PC party leadership race was about as quiet as it gets and if it wasn't for my fellow columnist and friend Mike Morrison raising some hell about the marching partners of one of the candidates, it would have been a downright snoozer.

Sure, I know we're all supposed to think that each candidate had a shot, but from the get go Mr. Prentice was the odds-on favourite to be moving into the big office in Edmonton.

As we move into the post-Redford era, Jim Prentice has an interesting task ahead of him.

Obviously he has to rebuild the public trust in a party that is now more synonymous with Sky Palaces and private aircraft than it is with new schools or balanced budgets.

And while it might have been a simple task to convince party faithful that he was the man to lead Alberta forward, thejob of getting the average voter on side is going to be another feat altogether.

First of all, Prentice has to convince voters that he cares about Alberta.

Let's be honest here, he's spent a lot of time in Ottawa, and his last job was a VP post with CIBC.

While he's called Calgary home for the bulk of his life, his "Alberta-ness" will come into question in the next election, especially when thrown up against the grassroots style of the Wild Rose party.

Like it or not, people like their politicians in this province to be a little folksy.

Prentice also has to flex his political muscles. Show the people the true statesman he is by uniting his party and getting down to business right away.

His strengths lie in his experience working at the federal and international level.

Should be in the bag

As the guy who was once set to be the next Prime Minister (before some guy named Stephen Harper got in the way), running a province of four million should be a piece of cake.

As the guy who was once set to be the next Prime Minister (before some guy named Stephen Harper got in the way), running a province of four million should be a piece of cake.

Lastly, and most importantly, the new Prentice PC's have to do something. It feels like for the past five months, all we've seen happen is scandal after scandal and as a province, we haven't seen much governing.

The time to run this province is now. And that's something all Albertans can agree on.

WE ACT:
CANADA DOES GOOD
Toronto educator inspires youth to give

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Marcella Porretta, educator, motivator and hug-giver, Toronto
What: Encouraging youth to volunteer and get involved in their community.
Why: To help young people find a passion and set them on a positive path.

Marcella Porretta (bottom row, far right) with students from Monsignor Percy Johnson Catholic High School. CONTRIBUTED

It's the start of a new school year, and Toronto educator Marcella Porretta is gearing up for more than just classes.

Whether she's organizing car washes, volunteering with those suffering from drug and alcohol addictions or visiting elderly people with her students, Porretta believes in making a difference in people's lives.

She's the teacher who keeps in touch with students long after graduation, guiding them where and when needed.

What inspired you to get started? I ended up meeting with a former student of mine who was in prison at the time, and we connected. I kind of took him under my wing and he introduced me to Vitanova — a non-profit that works with people suffering from drug and alcohol addictions — and I got involved in helping. Everything took off from there.

Quoted

"It's about helping kids that have nowhere else to go and keeping them busy and inspired, because it keeps them off the streets."
Marcella Porretta, on why she volunteers

What motivates you to continue the work you do every day? I work with troubled youth because I feel like they went on the wrong path for a reason. They don't have that TLC; some don't have family. I now have students who won't even ask me to give them community service hours, because they want to volunteer out of the goodness of their hearts. That's when I go, "Yes!" That's an accomplishment right there. That's what I care about.
CRAIG AND MARC KIELBURGER

MetroTube

Behold, Internet! It's the mighty spider dog

ANDREW FIFIELD
andrew.fifield@metronews.ca

It's easy to laugh at these poor passersby panicking at something as obvious as a delighted condo-sized dog in a spider suit. But the first shot — that reveals what this thing actually looks like when it's scurrying down a darkened tunnel toward you, looking for lunch — inspires a desire to wrap the victims in a warm towel and hold them tightly. (YouTube/SA Wardega)

ISTOCK

Twitter

@metropicks asked: A rights group says that human bodies on display at the Bodies Revealed exhibit may have come from Chinese prisoners of conscience who were executed. Should the exhibit be pulled?

@sulliv16: That is sick & disgusting. Way to go! Desecrating the dead, not cool. Show some respect!

@5chadenfreude: Free trade at its finest; The import/export of prisoner's corpses for profit, but no local authority wants the responsibility.

Agree? Disagree? Join the conversation @metropicks.

metro AR
SEE THE NEWS COME ALIVE
In this issue, you can find AR enhancements on page 23 in Scene and page 34 in Sports.

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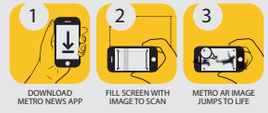

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Ebooks

Now

By. Lauren Bacall

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MIND THE APP
Kris Abel
@RealKrisAbel
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It's hard to imagine the late Lauren Bacall struggling with unemployment, but it's what drove her to write this final memoir. She shares the difficulties of being an outspoken loner, of being guided by Bogart's wisdom, and being lifted by carefully chosen friends. Unfortunately the book's audio doesn't work, so while you get her words, her sultry voice is missing.

Straddling the world of television and film

Ray Donovan. Actor Dash Mihok is keeping busy with his latest TV series — plus some directing and a little bit of film, too

NED EHRBAR
Metro World News in Hollywood

Dash Mihok is being remarkably good about not giving away any details about the last few episodes of the current season of Ray Donovan, even after I've tried plying him with a couple beers.

"You know my show — they can whack me at any time, so I kind of can't talk too much. They won't hesitate to whack somebody, even if you're a family member," he says.

One person on the series we agree is probably safe from any vindictive whacking is Mihok's co-star, Liev Schrieber, who plays the titular Ray. It would be weird if they killed off Ray Donovan on Ray Donovan, after all. Or maybe not.

"They could just start calling it The Donovans or something," Mihok offers. "No, he's safe."

Spoilers aside, Mihok is actually feeling quite talkative. On the series, currently wrapping up its second season and recently renewed for a third, Mihok has gotten plenty of time to explore the tortured soul of Bunchy Donovan, a luxury he attributes to the nature of television.

metro AR **Dash Mihok stars in Ray Donovan. Scan your Metro News App to watch a behind-the-scenes video of the Donovan Fite Club.**
CONTRIBUTED

"In general, you see all these movie actors moving to TV because it's racier, it's more interesting, and they're enjoying getting to portray these people that are really, really complicated and layered and flawed for more than two hours," he says.

He's not really talking about TV in general, though, but cable.

"Network is network. It's fun here and there, but you don't really get to explore anybody," he says. "No offence to CBS, my parent company, but I don't watch anything on there. There's so much now on streaming and on cable now."

In fact, Mihok is so enamoured by the television world that he's actively getting into the game behind the camera.

"I just directed a pilot and screened it at my agency last week. We're going to sell it," he says.

But Mihok hasn't left movies behind — far from it. With two films wrapped — including Mike Flanagan's Somnia — and another in production, Mihok has feet planted firmly in both the film and television worlds, another luxury he attributes to the more generous cable schedule.

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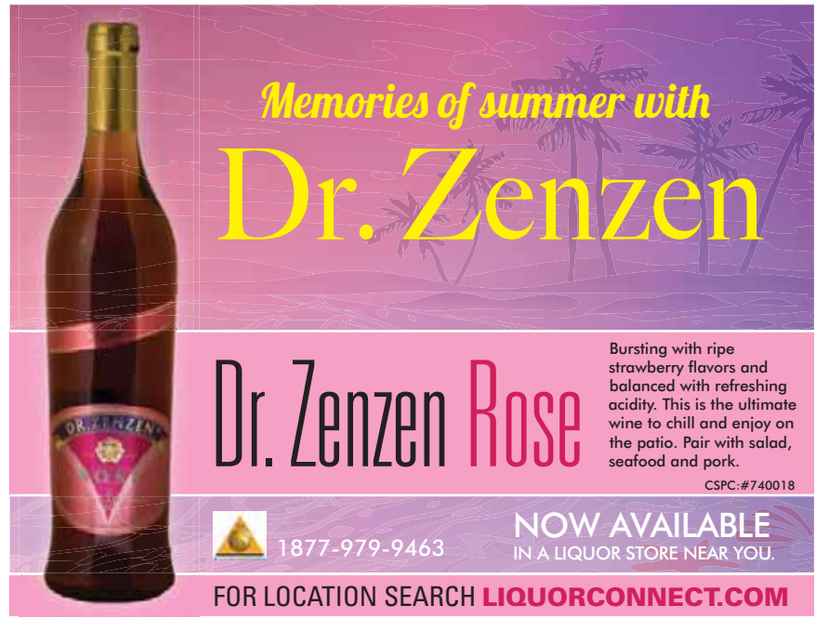
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Sons of Anarchy says goodbye

Beginning of the end. Creator mum on plot specifics but viewers will be treated to special guest stars in final season

From left, Paris Barclay, Charlie Hunnam, Katey Sagal, FX Networks CEO John Landgraf, and Ally Walker attend the L.A. premiere screening of Sons Of Anarchy after party in Hollywood on Saturday. THE ASSOCIATED PRESS

The cast and crew of the FX drama Sons of Anarchy gathered in Hollywood Saturday night for their seventh, and final, season premiere.

Saying goodbye to the series clearly hasn't been easy for Katey Sagal, who walked the red carpet with her husband, series creator Kurt Sutter.

"I feel enormously grateful for having been here, and I also feel in denial that it's ending," the actress said. "You know, I was weeping a little bit last night about it."

Then why end the hit show, which centres on a family composed of members of an outlaw motorcycle club, who are in a Shakespearean-like battle for power?

Explained Sutter, "Quite honestly, after seven seasons, because of all the factors, it becomes very expensive to produce."

Four years ago, Sutter transformed that economic reality into artistic inspiration, creating a sprawling mythology that would conclude at the end of a seventh season — gambling that the series would last that long.

This week's premiere, airing Sept. 9, finds the club leader, Jax (Charlie Hunnam), enlisting his brothers to avenge the murder of his wife Tara. What Jax has yet to learn is that the murderer is own mother, Jenna (Sagal), who, thinking she was protecting Jax, repeatedly stabbed Tara in the head with a carving fork.

As usual, Sutter has revealed few plot specifics. However, producers have confirmed that final-season guest stars will include Lea Michele (Glee) and musician-actress Courtney Love, both of whom attended the premiere.

"I play a kindergarten teacher," Love said, then poked fun of her own bad-girl persona, "because when you think of me, I know, you think, immediately, 'kindergarten teacher."'

Last year's episodes of Anarchy attracted an average of 10 million viewers, making it the most popular series on FX.

THE ASSOCIATED PRESS

Quoted

"I feel enormously grateful for having been here, and I also feel in denial that it's ending. You know, I was weeping a little bit last night about it.

Katey Sagal on the end of Sons of Anarchy

Casting

Matt Nable
GETTY IMAGES

Aussie to play Batman villain

As announced at San Diego's Comic-Con in July, Batman supervillain Ra's al Ghul will appear in the third season of the CW's Arrow. Australian actor Matt Nable has been cast in the role. In an interview last week, Liam Neeson commented that he wouldn't mind reprising the role of Ra's al Ghul, the Black Knight's mentor turned nemesis, which he played in Christopher Nolan's Batman trilogy. Ultimately, however, the show's producers chose a relative newcomer.

AFP

METRO CUSTOM PUBLISHING

Uncover gems in Calgary with American Express

Calgarians share where they find their inspiration

CONTRIBUTED

MAPS ONLINE

Check out the maps on the American Express Canada Facebook page at facebook.com/AmericanExpressCanada and share your favourite spots using hashtag #InspiredBy.

Amex and Metro asked — and you answered. Calgarians have shared the places in Calgary where they find inspiration for reading, music, fashion, cooking, and wellness.

There are so many places yet to be discovered and enjoyed, with more than half the population admitting to only being familiar with a portion of their cities. To help motivate Canadians to seek out their city's hidden potential, American Express Canada worked with bloggers and residents of Vancouver, Calgary and Toronto to crowdsource each city's undiscovered gems and populate them into interactive maps.

After a recent survey revealed that only 77 per cent of Calgarians have explored half of their city or less, American Express Canada called on residents to share the hidden gems of Calgary that inspire them.

These suggestions have been compiled and interactive maps have been developed to help encourage city dwellers to find inspiration and the true potential Calgary has to offer.

Some of Calgarians favourite spots in the city include:

- Prince's Island
- Bowness Bowmont Parks
- Inglewood Night Market

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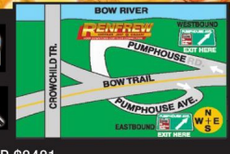

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Jeff Bridges and the Abiders just want to make music, man

Shifting gears. After The Giver, actor took his band on the road — he talks music and movies with Metro

NOLAN GAWRON
Metro World News in New York

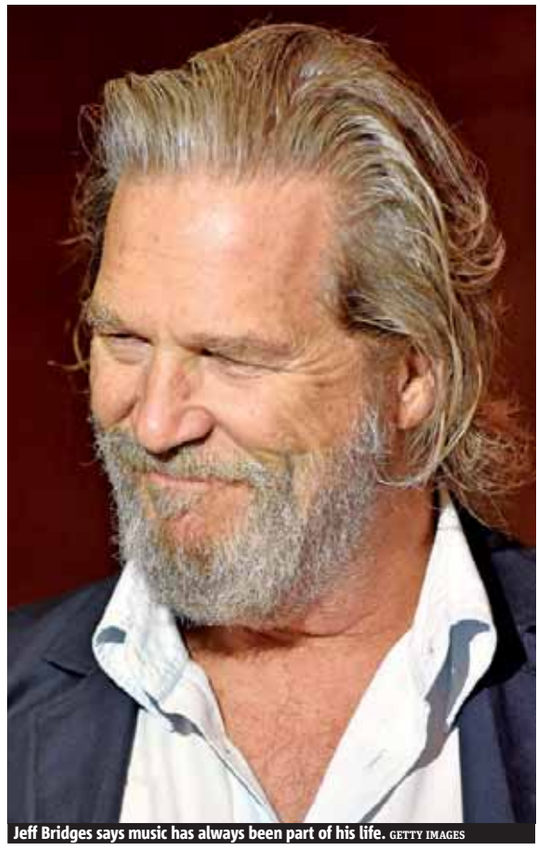
Shortly after playing the tragic country music hero Bad Blake in the film Crazy Heart, and winning an Oscar for the role, Jeff Bridges presented the world with a stellar self-titled country/folk album. A positive collection of well-constructed songs, Bridges teamed up with producer T. Bone Burnett and proved that he had even more to offer. Hot on the heels of his recent movie, The Giver, Bridges has somehow found the time to take his band of Abiders on the road.

Was music something you did before movies and did you ever have to choose between movies and music?
I've been playing since I was 13 or 14, and as far as a time when I wondered if I wanted to go into that, I seriously questioned and asked myself whether acting was going to be my path. And as I grew older it became the path of least resistance. I took that path with the most energy, but the music has always been part of my life. I have a little studio and I like writing music and playing with my friends.

Tell me about the timeline of your self-titled album and your role in Crazy Heart. Which came first and did one inspire the other?
Crazy Heart came first and it certainly inspired my record. T-Bone Burnett and I have been friends for a very long time and I met him, oh about 30 years ago on Heaven's Gate, and we played a lot of music on that. And that in a way gave birth to Crazy Heart. And after Crazy Heart was over, I became deep into the music and kind of restarted my musical thinking there and I thought if there was ever a time to live my teenage music dream, that would be the time. So I called up my buddy T-Bone and gave him a bunch of songs that I thought would be good and he liked them and that was that.

What kind of advice has T-Bone given you over the years that has helped you along the way musically?
He gave me some great advice during Crazy Heart that stuck with me through the album as well. T-Bone really likes to make a universe that comes from an alternate universe. When we did the music from Crazy Heart he didn't want to copy anyone's style, he wanted to make music that was fresh, familiar, but different. He didn't want it to sound like anyone else. He made me a list of all of the guys that my character Bad Blake would have listened to while growing up in Fort Worth. He knew what he was talking about because that's where he grew up. He said, "You'd be listening to Merle Haggard, Hank Williams and those guys, but you'd also be listening to Bob Dylan, Leonard Cohen, the Beatles." I asked if I'd be listening to Captain Beefheart? And he said "Oh yeah! You'd be listening to Ornette Coleman too." That was also for the idea for the Jeff Bridges album, too. It didn't have to be a pure country album or a pure anything.

What are your true feeling about The Eagles? Do you really "hate the f—ing Eagles," as the quote from Lebowski goes?
That's not me. That's The Dude, man. I ran into those guys at a party and those guys gave me a lot of s—. I said, "Don't take it personally, man. It's a movie, man." The Eagles are fine. I dig Creedence, too.


Jeff Bridges says music has always been part of his life. GETTY IMAGES

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Ed guesses he's pretty influential

Humble swagger. Singer-songwriter Ed Sheeran has a quiet confidence that's propelled him to huge success

PAT HEALY
Metro World News in Boston

Ed Sheeran likens his popularity to a niche that needs filling. GETTY IMAGES

On pop charts populated by rappers and dance-floor divas, a 23-year-old Brit with an acoustic guitar stands out. Ed Sheeran, whose sophomore album X peaked at the No. 1 position on the Billboard 200 earlier this summer, says he likens his popularity to a niche that needs to be filled.

"I think there is one singer-songwriter for every generation," he says. "I guess I'm just this generation's one."

This statement is characteristic of Sheeran in conversation. There's an element of the grandiosity one needs to become a pop star, but there's also a healthy dose of humility and even a trace of self-doubt. He says the phrase "I guess" about as often as he sings about being drunk. Sheeran's music is also rife with these levels of certainty. "I like a lot of different types of music, and I like trying them out, I guess," he says. "I never want to be a one-trick pony, even if I don't master the other crafts."

His live act includes experimental elements like a series of sampling pedals, and his repertoire runs the gamut from pretty ballads to confessional raps to Springsteen covers.

When asked about this cover, he says, "I was in a hotel room in New York with a friend who is an actor. And he was playing stuff on the speakers and that song came on, and I wasn't familiar with Springsteen. I was kind of familiar with his big hits but I wasn't really familiar with that album, Nebraska. And I just listened to that on repeat. Over and over again that night and I got fully into it the next day."

So who was that actor?

"A friend of mine named Kit Harington," he says. "He plays Jon Snow on Game of Thrones."

Oh yeah, we've heard of him. Sheeran's careful to distinguish that although he has some friends who are also in show business, not everybody knows each other and has the kindest words for each other.

On the day of this interview, a meme of Sheeran walking up to the stage at the VMAs makes the rounds, the gossip suggesting that Miley Cyrus can be seen mouthing the word "a—hole" as Sheeran high-fives a friend in her row.

Miley is definitely not clapping for Ed, but really, is this a good celebrity beef? Probably not. When we speak, Sheeran hasn't seen the clip in question, and he says that he has never met Cyrus, but he seems perfectly content with being on the gossip websites.

"At least they're saying something," he says.

Sheeran learned about not saying negative things about famous people the hard way, as last year he was critical of Cyrus' Wrecking Ball video.

One other musician you won't get Sheeran talking about is who the subject of his most recent single, Don't is.

Pointing to the lyric, "me and her, we make money the same way," many were quick to suggest when X was first released that it was about Ellie Goulding, with whom Sheeran had been spotted at a few public outings. So who is it about?

"No one's got an answer out of me yet," he says, resolute that this interview won't be any different.

What sets Don't apart from other Top 40 material is how Sheeran mixes these elements that he's perfected and others that he hasn't quite nailed yet.

Don't combines his natural sense of melody with rap, fuzzy bass, delicate falsetto backgrounds and a sing-along chorus that seems to be missing a certain word.

"That was always the original intention to put it on the record with the swear," he says of the chorus, which was originally "don't f— with my love."

Why did he change it? Fear that it wouldn't receive airplay? Concern the swear would make the tale of infidelity sound too mean? Nope. It was an eventful cab ride from L.A. to Malibu.

"I was chatting with the driver," recounts Sheeran. "We were talking for about an hour and then he said his daughter was a fan and I said, 'Hey can I play you some new stuff?' ... On that song he thought I swore too much, so I took it off for him, I guess."

Quoted

"I think there is one singer-songwriter for every generation. I guess I'm just this generation's one."
Ed Sheeran

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Antonio's Dutch girlfriend pre-dates split with Melanie

Antonio Banderas

As his divorce battle with Melanie Griffith rages on, Antonio Banderas has reportedly been finding it harder and harder to hide his affections for Dutch banker Nicole Kempel, the woman he was seen frolicking with in St. Tropez last month.

And sources tell Radar Online that the two were already an item before Griffith filed for divorce.

"He is really in love with her. He comes to France to visit her when he can, and they already went for a 10-day vacation together in secret," a source says. "Only her closest family and friends knew. They were hiding everything from everybody because Melanie got a very good divorce lawyer, and I think he was hoping to keep it under wraps until the end of the divorce."

Awkward making music instead of babies for Gwen

Gwen Stefani

Gwen Stefani admits that having husband Gavin Rossdale step in as a mentor during her first season as a judge on The Voice made her feel a little uneasy.

"It was just awkward. We've only collaborated on making babies," Stefani says, according to Fox News, describing skills that probably wouldn't fly during a network prime-time reality singing competition.

The No Doubt singer was worried that she and Rossdale would clash over musical styles and tastes, which could be especially awkward in front of a national audience, but apparently she was worrying for no reason.

"It was right at the beginning of the show and I was just getting my feet wet, so having him there was kind of rad."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

A sad week for Mark, Justin, and sexy pairs of stars/geckos

STARGAZING
Malene Arpe
scene@metronews.ca

Mark Wahlberg

This week in sadness:

1. No one wants to pay for photos of Ashlee Simpson and Evan Ross's honeymoon.

2. The geckos sent into space by Russia to have gecko sex returned dead.

3. Super-hot couple Ian Somerhalder and Nikki Reed spent almost $1,000 on sex toys after a month of dating.

4. Mark Wahlberg couldn't be bothered to show up to his brother Donnie's wedding to Jenny McCarthy.

Dancing with the Stars pro Karina Smirnoff says she doesn't think former pro Julianne Hough joining the show's judging panel is "ethical." She's equally concerned about Bachelor in Paradise's stand on the socio-economic impact of sloppy ocean sex.

Justin Bieber sprains his wrist. Was he:

A. Wrangling a steer?

B. The victim of a Lego castle collapse?

C. Still distraught over the revelation Hello Kitty is not a cat and repeatedly punching himself in the face while muttering, "Stop crying. Stop crying?"

Kanye West wants to star in an Anchorman-type comedy. Except it won't be funny and will consist of his yelling at a trapped crowd who just wanted to hear his music.

Brad Pitt and Angelina Jolie are spending their honeymoon making a movie about an unhappy marriage. Rumours have it the fictional marriage crumbles when the wife decides to have her children decorate her wedding dress with ugly crayon drawings.

Rock 'n' roll is dead, and Gene says it's our fault

Gene Simmons

The party's over, everybody. Gene Simmons says rock 'n' roll is dead. Never one for melodramatic statements, the Kiss leader explained to Esquire recently that the system's changed, man. It's changed.

"Rock is finally dead. I am so sad that the next 15-year-old kid in a garage someplace in Saint Paul that plugs into his Marshall and wants to turn it up to 10 will not have anywhere near the same opportunity that I did," he says.

"The death of rock was not a natural death. Rock did not die of old age. It was murdered. And the real culprit is that kid's 15-year-old next-door neighbour, probably a friend of his. Maybe even one of the bandmates he's jamming with."

Say what now?

Oh, right. According to Simmons, this whole tragedy is down to the fact that we as consumers aren't doing enough to support decent, hard-working record companies that therefore can't afford to support musicians like they used to.

Shame on us.

Twitter

@Sethrogen
About ten times a day I think "what the f— is that sound?" and then I realize it's just me breathing loud and weird.

@rosemcgowan
Is Scotland independent? Too lazy to google.

@WhitneyCummings
There's so much screaming outside my window in Salt Lake City. Y'all okay out there or am I a officially a witness?

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Buying away the blues?

Emotional purchases. If you're spending when you're sad or in need of an emotional boost, you have a problem

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Want to stop emotional spending? Stay out of stores and unsubscribe to catalogue mailings. ISTOCK

Ashley loves to complain that she doesn't have any money. Last year she went five months without a job after she was laid off. Her parents helped her out, and she paid them back, but she felt like a child having to ask for help so she wants to make sure she doesn't have to in the future. She's trying to set up an emergency fund but every time Ashley has $1,200 saved up, something mysterious seems to happen: The money disappears.

First there was the stressful week at work. As Ashley walked past her favourite shop on the way to the bank, she popped in to have a look and cheer herself up. She spent $214 on two tops, a scarf and a new little black dress. She was proud since the two tops were 50 per cent off. And she felt great about her new LBD because the other three little black dresses in her wardrobe were "old." Besides, she had the money in the bank.

Next there was the weekend away. "I just needed to get away for a couple of days," Ashley said. "I stayed with friends, so I only had to pay for the train tickets and food. Oh, and I brought my girlfriend this fabulous cookbook I found in a second-hand store — just seven bucks."

Then there was the wedding Ashley had to go to. "My university roommate is coming to town for this so I have got to look good."

She not only had a spa day, she dropped $370 on a new dress and $200 on a fabulous pair of shoes. In her mind, it was an emergency.

Ashley spends when she's stressed, when she's bored, when she's suffering a little dip in her self-esteem. She spends when she's happy. She spends when she's blue. Ashley is an emotional spender.

Are you one, too?

If you find that you shed dollars when you're in the rough emotionally, it's time to become aware of what's triggering your spending. Hey, everyone enjoys the buzz of a new acquisition. That's your brain chemistry rewarding you for acquiring something new. But if you're letting that buzz drive you to do things that will hurt you in the long run, you've got to squash it like a bug.

- Do you get a rush when you spend money?
- Do you buy things you don't need?
- Have you gone shopping because you just needed to "cheer yourself up" or "get out of the house?"
- Have you bought things you can't really afford? (So you put them on credit and don't pay them off in full at the end of the month.)
- Do you feel buyer's remorse, returning things after you get them home?

The more often you answer 'yes,' the more likely you're an emotional shopper. Want to squash the emotional spending bug?

Stay out of the stores. If Ashley hadn't gone into her favourite shop, she'd still have the $214 she spent to alleviate her stress. Breathing alleviates stress and it's free. There's also walking, singing, watching a funny video, and dozens of other stress-busters that don't involve spending money you planned to save.

Get rid of the temptation. If you're pummeled with ads or you have an inbox full of "sales" from online stores, you're begging for a bite from your emotional spending bug. No emotional shopper can face that much temptation without giving in. When you're stressed or blue, your resistance is lowered so you're that much more likely to drop some money. Get yourself off those lists. Unsubscribe to catalogue mailings. And don't even open the email offers. Just move 'em to the trash.

Keep track of your spending. Even small indulgences will add up quickly. It is not OK to buy just because it's under 10 bucks or it's a great sale. If you see something you really like, take a picture with your phone and walk away.

If you still want that shirt or that cute hat tomorrow, go back when emotion isn't driving the decision.

While we all succumb to emotional or impulse spending from time to time, when it becomes a regular event, you've gotten into a bad habit. You have to consciously stop allowing your impulsive responses to bridge your emotional gully.

Acknowledge how you're feeling and look for ways to make yourself feel better that don't involve messing with your money plans.

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For more, visit rosereisman.com or follow her on twitter @rosereisman

Inspired Lunches Week. Want to pack something more exciting? We got you covered, starting with this Lobster Grilled Cheese Sandwich

Grilled cheese sandwiches have made a major comeback as lunch and dinner choices, but the plain old processed cheese grilled sandwich is now on the back burner!

In the past, these traditional sandwiches were considered standard fare on dinner menus, but more recently they have a new image and are popping up on gourmet menus.

With a wide selection of artisan breads, cheeses, vegetables and proteins added into the mix, the combinations are endless.

This is my version of a seafood grilled cheese sandwich. Lobster is definitely a luxury food item, but today you can find great frozen products in your grocery.

You can always substitute shrimp, crabmeat or surimi (artificial crabmeat).

The avocado, corn and jalapeno are a perfect match with the seafood.

You can prepare the salsa up to two hours in advance. Assemble the sandwich just before serving.

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Directions

1. Sauté corn in skillet sprayed with vegetable oil for 5 minutes just until lightly charred.

2. Place corn in a bowl along with avocado, jalapeno, red onion, salt and pepper, lemon juice and olive oil.

3. Place salsa over 4 slices of bread along with the lobster and cheese. Place the other bread slices overtop. Brush reduced-fat mayonnaise over the outside of the bread slices.

4. Grill sandwiches for about 5 minutes or just until the bread has browned and the cheese has completely melted.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 1 cup corn, drained and rinsed
- 1/2 cup diced avocado
- 1 tsp minced jalapeno
- 3 tbsp diced red onion
- Pinch of salt and pepper
- 1 1/2 tbsp lemon juice
- 1 1/2 tsp olive oil
- 8 slices crusty bread (1/2 inch/1
- cm thick)

6 oz lobster meat, chopped (if frozen and defrosted, squeeze out excess moisture)

- 1 cup grated Havarti cheese
- 2 tbsp reduced-fat mayonnaise

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I've been weeping at the watercooler

Dear Metro,

I have an embarrassing tendency of crying at work. I can't help it! It's not even that I'm sad, I just lose control of my tear ducts at the first sign of stress. I'm worried my colleagues think I'm over-sensitive, or that I'm gaining a reputation as a crybaby. Any advice on how to get my blubbering under control?

- Wah Wah Wah

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear WWW,

Workplace tears are tricky. While crying is a normal response to difficult situations, public breakdowns, particularly in a professional setting, are rarely not embarrassing.

And if they're happening on a regular basis, you may be trapped in a vicious cry-cycle: stress makes you cry, crying makes you stressed, and stressing over crying makes you cry even more. But there are ways to snap the loop.

What kind of tears are we talking about? Silent drippers can potentially fall unnoticed with the help of some interventions: Take deep breaths and keep a water bottle on hand in high-pressure meetings — a sip will help wash away that lump in your throat. And remember: you might feel like you're teetering on the brink of a full-puddle meltdown, but if it's just a few quiet drops, your co-workers probably won't notice.

For outbursts of the more histrionic variety, consider addressing the issue directly. This could mean finding a quiet spot (an empty bathroom, a park down the road) and letting yourself weep out the tension.

Or it could mean explaining to your colleagues and superiors, in a moment when your ducts are plugged, that your outward displays of emotion don't necessarily reflect your level of inward turmoil.

In any case, it's key to question the root cause of your faulty plumbing. If small worries are prompting big reactions, there's likely an underlying source of anxiety — be it personal or professional. Tackling your deeper triggers won't be easy, but it could help your day-to-day run dryer.

Finally, don't be too hard on yourself — you're certainly not a pioneer when it comes to office waterworks.

In fact, there may be benefits to your on-the-job sobs: within reason, shows of feeling could bring you closer to your colleagues. We all want our work-selves to be our most polished selves — but emotion should not be dismissed as a sign of weakness.

It's more just a sign that you're human.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Dilemma at your desk?

Are you having a problem at work that could use some candid counsel? Write to life@metronews.ca and your question might be published and answered in our new column, Office Space.

Work pals aren't always going to be able spare a second to soothe you. It's important to find ways to wash out your woes without creating puddles on your co-workers' keyboards. ISTOCK

Forget nature

Study says belief can nurture genius

Researchers from Michigan State University say being told that achievement comes from hard work rather than genetics provokes instant changes in brain patterns and could inspire greater effort on the part of those who wish for success.

"Giving people messages that encourage learning and motivation may promote more efficient performance," says Hans Schroder, a third-year doctoral student in clinical psychology whose work is funded by the National Science Foundation. "In contrast, telling people that intelligence is genetically fixed may inadvertently hamper learning."

Past studies have pointed to the importance of positive reinforcement, although Schroder's may be the first to provide physiological evidence that believing one is not limited by genetics could increase confidence, effort and perhaps even success.

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For the sake of your new roomie get acquainted with a broomie

A messy dorm room survival guide. Do you really want to go down in campus history as the guy who used a pizza box as a pillow?

LAKSHMI GANDHI
Metro World News

If you were to ask the average person to close his or her eyes and picture a stereotypical college dorm room, the words "neat and organized" probably aren't the first things that come to mind. But given that many incoming college students are going to be living with roommates for the next four years, a conversation about cleaning is in order.

"The first thing you have to accept is that you can't control other people's behaviour," says Jolie Kerr, the author of My Boyfriend Barfed in My Handbag — And Other Things You Can't Ask Martha. She shares these tips on how to share a living space.

Be the person you want to live with

"Set an example," says Kerr, noting that picking up after yourself should be part of your daily routine. "You come from a better position if you're walking the walk." It's also important to remember that not everyone has the same definition of the words "clean" or "messy." Some people simply don't mind having a pile of clothes on the floor.

Focus on the mess

"Try not to make it personal," says Kerr. "If you have a roommate who leaves food around, it's important to say, 'That bowl of half-eaten cereal is gross' — not 'You are gross.'"

Make your bed every day

"Dorm rooms are so small, so it's especially important to make the bed," Kerr notes. A good way to get into a bed-making routine is to do it at the same time every day. "It could be right after you get up or right after you shower," she suggests.

Set aside a few minutes a day to get organized

With schoolwork, exams and part-time jobs thrown into the mix, making time to clean can be difficult. "Just take 15 minutes to pick up after yourself," says Kerr. "Before I sat down to study, I needed to tidy my space."

Know when to go up the chain

It's important to talk to your roommate directly before involving your resident adviser or formally requesting a room change. Kerr says that if things continue even after mentioning it twice, it's time to take sterner action. "If your roommate is doing things like leaving food around or leaving used condoms on the floor, go to the RA and say, 'I've spoken to Joe or Jane and nothing has changed.' Having used condoms in the room is unacceptable."

It may be time to take your new friend aside and talk to him or her about their unfortunate habits. ISTOCK

Post-secondary 101

The dos of sharing a dorm room

Freshman year is full of major adjustments for most students, and one of the biggest ones of all is having to share a dorm room with a virtual stranger for the entirety of the school year.

While it may seem like everyone becomes best friends with their roommates, the reality is much more complicated than that.

We reached out to Priya Krishna, a recent Dartmouth College grad and the author of the book Ultimate Dining Hall Hacks: Create Extraordinary Dishes from the Ordinary Ingredients in Your College Meal Plan.

She encourages all roommates to do the following:

1. Invest in earplugs — you never know if your roommate snores until they snore.

2. Outline clear rules as they pertain to sharing food/clothes.

3. Establish a schedule for lights out and turning off music at night.

4. Don't be messy — unless you both want to be, in which case, good luck.

5. Let your roommate know when you want to have people over, and make sure it's OK with them.

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Costly win

Riders rough up Blue Bombers

Defensive back Rod Williams scored on a 60-yard fumble return after a blocked field goal and receiver Weston Dressler ran 74 yards for a touchdown on a punt return as the Saskatchewan Roughriders defeated the Winnipeg Blue Bombers 30-24 on Sunday.

The win was costly, though, as Riders veteran quarterback Darian Durant left the game with an elbow injury.

THE CANADIAN PRESS

Ticats scratched out

Rodgers' return leads Als to win

James Rodgers' 82-yard punt return TD helped rally the Montreal Alouettes to a 38-31 win over the Hamilton Tiger-Cats at Percival Molson Stadium on Sunday afternoon.

Rodgers' return broke a 24-24 tie as Montreal (3-7) earned its second straight win to move into a tie with idle Toronto atop the East Division. THE CANADIAN PRESS

Eskimos

Torn pec ends kicker's season

Grant Shaw's season is over.

The Edmonton Eskimos announced Sunday the kicker-punter suffered a season-ending torn pectoral muscle in the club's 28-13 loss Monday to the Calgary Stampeders.

The Eskimos said Shaw underwent successful surgery and is expected to make a full recovery.

THE CANADIAN PRESS

Riders start the final stage of the Tour of Alberta cycling race in downtown Edmonton on Sunday. AMBER BRACKEN/THE CANADIAN PRESS

Impey swoops in for narrow victory

Tour of Alberta. South African wins final stage to unseat Dumoulin for overall crown

South African Daryl Impey used a stunningly strong sprint in the last 100 metres to win the final stage of the Tour of Alberta Sunday, a victory that earned him a 10-second time bonus that gave him the overall championship.

It was a shocking finish to the six-day race that had seen Tom Dumoulin of the Netherlands wear the leader's yellow jersey from Day 1. And he was headed for the overall title until Impey's surge in the final metres of the 734-kilometre tour.

"We had nothing to lose today," said Impey, a last-minute replacement on the Orica-Greenedge team. "We took the initiative and tried to get every second we could. Today was a bit gamble for us. When you gamble like we did, sometimes things pay off. I'm not known as the world's best sprinter but the team did such a great lead-up, put me in such a good position I was able to win."

When Dumoulin faded in the final 500 metres, Impey was able to grab the championship by one second. Impey finished in two hours 46 minutes 22 seconds and won $12,312.11. Dumoulin takes home $6,209.58. German Ruben Zepuntke, winner of Stage 1, finished third.

"To lose by one second on the last day is incredible, I can't believe it happened again," Dumoulin said. "If you're in for a good laugh, check my results this year and last, a lot of second places. It's pretty sad."

Ryan Anderson of Spruce Grove finished second in Sunday's final stage. Officials briefly had a look at the final sprint to see if Impey had impeded Anderson but let it go.

Anderson finished as the top Canadian, fifth place overall. THE CANADIAN PRESS

Third time around

Next year's third edition of the Tour of Alberta will likely be more mountainous with the prologue and first stage being hosted by Grande Prairie.

4 SPORTS

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Horschel cool for victory at the BMW

Well set up. Winner at Cherry Hills now sits at a comfortable second for the FedEx Cup title

The bad swing a week ago is a distant memory. The blown lead Sunday? That wasn't enough to derail Billy Horschel, either.

Horschel let a three-shot lead drop to nothing early in the final round of the BMW Championship before rebounding for a two-stroke victory over Bubba Watson. Horschel shot a 1-under 69 and finished at 14-under 266 to put himself in prime position for the FedEx Cup title and its $10-million bonus at the Tour Championship next week.

"If I were a betting man, I'd put some money on me," said Horschel, who made $1.44 million for his second career PGA Tour victory.

Weyburn, Sask.'s Graham DeLaet shot a 2-under 68 and finished in 11th spot.

Horschel heads into the final week of the playoff chase in second place in the points standings thanks to the victory and his tie for second a week ago.

THE ASSOCIATED PRESS

Web.com Tour

Canada's Adam Hadwin won the Chiquita Classic on Sunday to jump from fourth to second on the money list in the Web.com Tour Finals. The 26-year-old closed with a 4-under 68 for a two-stroke victory over John Peterson.

That makes No. 18

Serena Williams celebrates with the championship trophy after defeating Caroline Wozniacki in the women's singles final of the U.S. Open on Sunday in New York. Williams won 6-3, 6-3. It was Williams' third consecutive U.S. Open title and 18th major title overall, equalling Chris Evert and Martina Navratilova for the fourth-most in history. Scan the image with the Metro News app for more from the women's final and the U.S. Open over the weekend.

MATTHEW STOCKMAN/GETTY IMAGES

metro AR

NFL

Dolphins top Pats with big 2nd half

Knowshon Moreno rushed for 134 yards and a big fourth-quarter touchdown, Ryan Tannehill threw for two scores and the Dolphins dominated New England after halftime in a 33-20 win on Sunday.

THE ASSOCIATED PRESS

NFL

Manning goes down in history

Peyton Manning threw three touchdown passes to tight end Julius Thomas and the Denver Broncos beat the Indianapolis Colts 31-24 on Sunday. Manning joins Brett Favre as the only QBs to beat each of the current 32 NFL franchises. THE ASSOCIATED PRESS

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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
No one person is to blame for the predicament you are in, it's just one of those things. Don't look for people to criticize. Besides, the problem can easily be solved. Think logically.

♉ Taurus
April 21 - May 21
According to the planets, for the next 24 hours, you will be in tune with the spirit of the age. Don't be surprised if strangers approach you and treat you as if you are someone special.

♊ Gemini
May 22 - June 21
You have friends in high places and you must make better use of them. There is no reason you should miss out on good things because you think it is wrong to give yourself an advantage.

♋ Cancer
June 22 - July 23
A problem that has been annoying you for weeks, maybe even months, can easily be resolved, provided you are willing to listen to advice.

♌ Leo
July 24 - Aug. 23
You may be shocked by what you see or hear over the next 24 hours but you're advised to mind your business. Yes, it seems wrong, but there are other ways of looking at it.

♍ Virgo
Aug. 24 - Sept. 23
The more you give of yourself, the more you will get in return. It can be done — and must be done if you hope to prosper.

♎ Libra
Sept. 24 - Oct. 23
Don't listen to people who say you should do something one way when instinct tells you that it should be done another way. Trust your inner voice.

♏ Scorpio
Oct. 24 - Nov. 22
A secret admirer will be secret no longer. If your feelings are as strong as their feelings for you this will be a marvelous week. If not, find a way to put them off without being brutal.

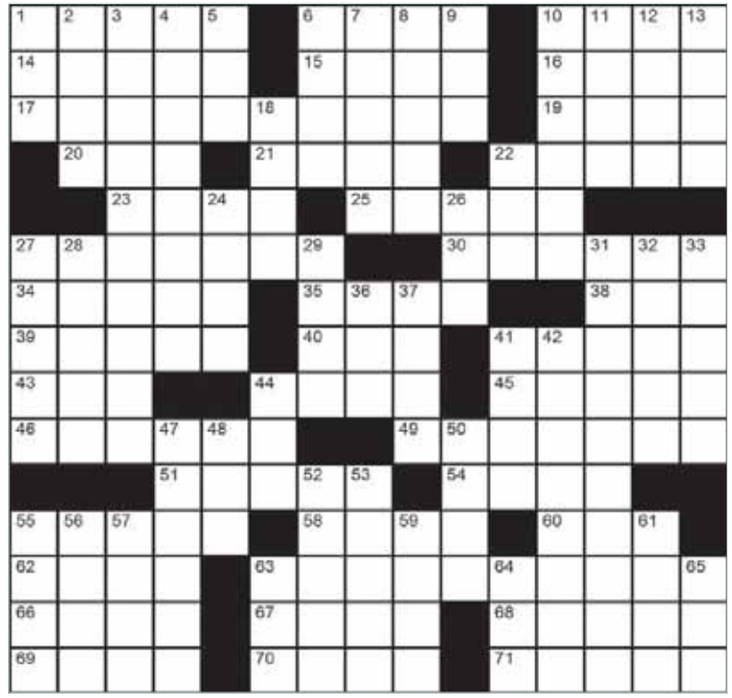
♐ Sagittarius
Nov. 23 - Dec. 21
Your working routine will be disrupted during the early part of the week but you won't be too worried. There is so much going on in your life that you could probably do with a rest.

♑ Capricorn
Dec. 22 - Jan. 20
Try not to be so intense over the next 24 hours. You should know by now you get just as much done with a smile on your face as with a scowl.

♒ Aquarius
Jan. 21 - Feb. 19
It seems you've overestimated the return you'll get from an investment and, of course, you are disappointed. But it's not the end of the world and it may work in your favour.

♓ Pisces
Feb. 20 - March 20
You won't have to go looking for action today — it will find you. You may wonder what you have done to suddenly be the focus of so much attention.

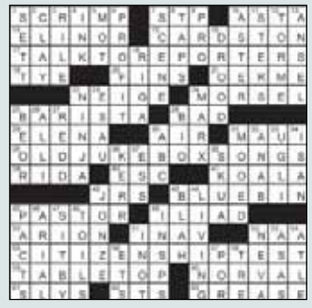
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Entire extent
6. Couch
10. Criticize
14. Bungling
15. Caesar's 902
16. Ms. Tequila
17. Jedi's weapon
19. "__ Louise!"
20. Actor, Hakeem __-Kazim
21. Under-Shift key
22. Cheesy critter
23. Filmdom's Rooney
25. Jasper National Park: Mount __ Cavell
27. "Peace Train" by Cat __
30. Toronto punk band, __ Bats
34. Actress Erin
35. Foot part
38. Seafarer's 'sure'
39. Slant
40. "Go!!!"
41. Like shoe bottoms
43. Alkali
44. Mariah Carey's nickname
45. Kim K. sister
46. Ali of "Legends"
49. Jenny McCarthy and Melissa McCarthy
51. Canadian chanteuse, Julie __
54. Young deer
55. Belonging to Beyonce's hubby
58. "The Wire" band
60. Conductor, __-Pekka Salonen
62. International oil gr.
63. Purchaser of Tim Hortons, as in recent business headlines: 2 wds.
66. Regarding: 2 wds.
67. ___ extra cost
68. Kellie Martin's role on early-'90s series "Life Goes On"
69. The Spinners' "Could It __ Falling in Love": 2 wds.
70. "Yoo-hoo..."
71. Tattooed

Down
1. Sudbury-born country singer Mr. Grand
2. Name for Canada's series of satellites
3. __-__ (The deal at #63-Across)
4. Lasting close to a decade starting in 1755, Acadians being deported from the Maritimes, The Great __
5. Between R-and-Y keyboard letter x 3
6. Flee
7. Dark-to-lighter highlights
8. Tim Hortons __ (New Hamilton stadium)
9. Televise
10. Fort __. __ (Northeastern BC city)
11. Stead
12. Pub orders
13. Labyrinth
18. Skim
22. Kingston Trio hit
24. Ms. Russo
26. German 'I'
27. Wee
28. Skating's Ms. Harding
29. Draped dress
31. Say you won't be at work: 3 wds.
32. Keep your __ __ the prize
33. Advises, archaically
36. Bash
37. Stylish
41. Gull-like bird
42. Southwestern Ontario village famous for its sprint car racing Speedway
44. "__. Miniver" (1942)
47. _ _ _.__ (Showbiz/gossip news website)
48. Lou Grant portrayer ...his initials-sharers
50. Britney Spears' "Piece __": 2 wds.
52. Closes
53. Nets
55. Absalom's killer
56. Church part
57. Abominable snowman
59. Jazz classic: "_ __ Rhythm"
61. 'Assist' suffix (Help)
63. Bread roll type
64. MLB statistic
65. Meander

Friday's Crossword

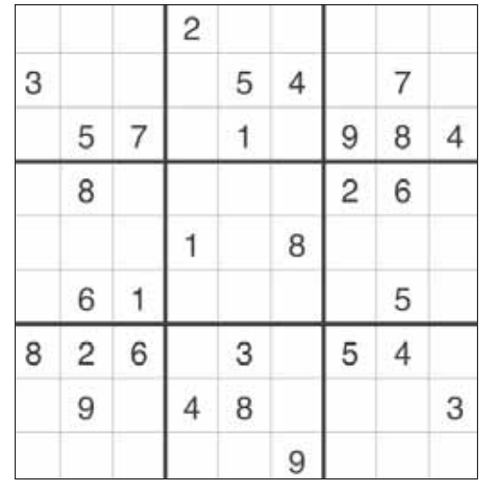


Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

8	5	7	1	4	6	2	3	9
4	3	9	7	2	8	5	1	6
6	2	1	3	5	9	4	8	7
1	4	6	9	3	2	8	7	5
3	8	2	5	6	7	1	9	4
7	9	5	4	8	1	6	2	3
5	1	3	8	9	4	7	6	2
2	7	4	6	1	3	9	5	8
9	6	8	2	7	5	3	4	1

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